

COLLEGE — SWIMMING

AUGUSTANA UNIVERSITY

Abby Magee

Fly / IM

Senior

Abby's commitment to strength & conditioning has made her a great athlete to work with. She was a part of the school record holding 400 medley team in 2018-19. She earned All-Academic NSIC honors in 2019-20. Abby's toughness and grit will be a tremendous asset throughout her future career. ~Andrew Stocks

DENISON UNIVERSITY

John Stauffer

Senior

John's leadership in the weight room and his commitment to improve over his four year career has been exemplary. John has seen great improvement in both the pool and weight room during his time at Denison. John is a Health, Exercise, and Sport Studies major, in addition to being a fellow in the HESS program. He is a 4 time All-American, as well as a 2 time all North Coast Athletic Conference performer. He was a national team member in both 2019 and 2020 and has also been a part of 2 NCAA National Championship teams. John serves as a student rep to the Committee on Athletics and is a member of both the philanthropic and sexual respect councils. In his four signature events in the pool, he has seen huge improvements. His 400 IM time went from 4:10.66 to 3:52.52, 200 Fly from 1:51.94 to 1:47.42, 200 Back from 1:56.48 to 1:48.76, and 200 IM from 1:59.67 to 1:50.36. In the weight room John has put almost 100 pounds on his squat max, added over 5 inches to his vertical jump, and improved his pull ups from 13 reps to 22 reps. John has been a pleasure to coach and his leadership and dedication to the weight room over his four year career will be missed. ~Beau Scott

DUQUESNE UNIVERSITY

Emma Brinton

IM/Back

Senior

Emma has been an integral member of the Women's Swimming and Diving team throughout her four years at Duquesne University. Emma's dedication to training has led to some amazing athletic achievements. They include being a 7 time conference champion, 11 time conference medalist, and conference record holder in the 400IM, 5 school records, and becoming an Olympic Trail qualifier in the 200 IM in 2020.

Emma is also an amazing student. She is a Physician's Assistant Major in the health science program and has made the Dean's List every semester. She is a member of the Atlantic 10 Commissioner's Honor Roll, Academic All-Conference twice and was selected as a Scholar All-American by the CSCCA.

Emma has been a motivating and inspiring member of the Swim and Dive team, greatly contributing to their success in the pool, in the classroom, and in the weight room. ~Christopher Tarullo

COLLEGE — SWIMMING

DUQUESNE UNIVERSITY

Clare Flanagan

IM/Back

Senior

Clare has worked tremendously to accomplish her goals academically, athletically, and in the community in her time at Duquesne University. Her purposeful effort and dedication to the strength and conditioning program has led her to excel in the water. Clare has improved her time in the 200 Backstroke significantly since her freshman season to earn her a Bronze medal at conference in 2020. She also improved her 100 Backstroke time to be a championship finalist at conference.

Clare's work outside the pool has been nothing but astonishing. Clare majors in biomedical engineering and has made the Dean's List every semester. She is also a member of the Atlantic 10 Commissioner's Honor Roll and has been named Academic All-Conference. Clare also received the Dean's Award for Excellence and Outstanding Students from the Rangos School of Health Science at Duquesne University. Clare also had the opportunity to do an internship through the National Science Foundation at the University of Florida. There she worked as a lab assistant creating a new method to detect cancer cells. Clare's positive attitude, willingness to help others, and desire to be the best version of herself impacts her teammates, coaches, and anyone fortunate to come in contact with her. ~Christopher Tarullo

IOWA STATE UNIVERSITY

Emma Sass

Sprinter

Senior

Over the course of her career Emma continued to be a leader for the team. Emma would attack each day and showed tremendous growth in all of her metrics over her career. Thank you for all your hard work over the years Emma. ~Ben Durbin

LINDENWOOD UNIVERSITY

Beata Maruszczuk

Breaststroke

Sophomore

Beata is one of the most driven and determined athletes that I've ever coached. She has the deadly combination of natural talent paired with incredible work ethic. She's always setting a higher standard for herself and is looking for the next challenge to improve. She sets the tone for the entire team and lifts everyone up to challenge themselves to get better. ~Michael Reese

LINDENWOOD UNIVERSITY

Gerald Brown

Backstroke & IM

Senior

Gerald comes to every workouts with the mindset that he's going to get better. He leads by example by always giving full effort during team lifts, and he brings an energy to the room that gets the whole team excited to train. Gerald is one of the leaders on the team because of his commitment to get better not only as an athlete but also as a person. ~Michael Reese and Bryan McPherson

UNIVERSITY OF DELAWARE

Audrey Duvall

Senior

Audrey has worked hard to accomplish her goals in the classroom, community, weight room, and in the pool and has made tremendous strides in the past 4 years. She is very dedicated and her work ethic in the weight room is contagious. She is one of the top female lifters for our group and is always looking to push more weight on Squat. Duvall understands the value of what strength and conditioning can provide her to accomplish her future goals. ~Stefano Pietrobono



NSCA ALL-AMERICAN STRENGTH AND CONDITIONING ATHLETES OF THE YEAR

COLLEGE — SWIMMING

UNIVERSITY OF TENNESSEE

Kara Holt

Dive

Senior

Kara does whatever she can do to better herself in all ways. She approaches her sports performance training with passion, dives with passion, mental training with passion, voluntary brain tissue research with passion, and is a wonderful young lady to boot. And when someone as dedicated/intense as she is commits to getting better every day the ceiling she can reach truly has not height to it and the sky is truly the limit. She embodies every quality of being a LADY VOL and what it means to be an NSCA All American! ~Gregory Adamson